I'M NEW

who made first appearances include:

Laura Eileen, daughter of Mr. and Mrs. William Hylton of 19205 Ronald Ave., born Aug. 22.

Grty Lynn, son of Mr. and Mrs. Arthur L. Walker of 21833 South Hanson Ave., born Aug. 23.

Yvonne Inez, daughter of White of 2603 born Aug. 13. of 4706 Carmelynn St., born

William Moor, son of Mr. and Mrs. William M. Mc- Beach, born Aug. 14. Lurg of 5626 Riviera Way, born Aug. 30.

Todd Edward, son of Mr. and Mrs. John E. Snyder of dondo Beach, born Aug. 15. 2714 Normallin St., born

Linda Lois, daughter of meliotis of 5960 Walnut Mr. and Mrs. Robert H. San-timan of 5602 Rockview Dr. 16. timan of 5602 Rockview Dr., born Sept. 3.

Mark Alexander, son of Schieve of 18801 Hawthorne Mr. and Mrs. Alex B. Coates, Blyvd., born Aug. 16. Jr. of 22735 Madison St., of Mr. and Mrs. Edgar Jack born Sept. 4.

James Scott, son of Mr. Lomita, born Aug. 16. Scott Alan, son of Mr. and born Aug. 17.

of 21414 Palos Verdes Blvd., and Mrs. Pedro Bengochea

Gltnn Christopher, son of dale, born Aug. 19.

Homer E. Allie of 3206 So- Aug. 19. noma, born Sept. 9.

of 3121 Sonoma, born Sept. born Aug. 19.

John Zachary, son of Dr.

born Aug. 19.

A son to Mr. and Mrs.

Carolyn Lavonne, daugh ter of Mr. and Mrs. William David E. Miles of 22715 Cer-divorced parents. Monthly or bulk, and adequate H. Caulty of 3232 W. 187th ise St., born Aug. 27. St., born Sept. 10.

Mark Sherman, son of Mr. of 1426 W. 218th St., born 30.

DINNER DANCE SET BY AAUW

A festive dinner will be the first fall social event for Manhattan Beach Branch members of the American

The dinner, to be held at the Elks Club, 315 Esplanade, Redondo Beach Saturday, will be preceded by cocktail parties at members' homes, according to Mrs. Phillip Korman, chair-

Guests will gather at 7 p,m. at the homes of Mr. Mrs. Orlando Tafoya, 3208 Poinsettia, Manhattan Beach, Mr. and Mrs. Robert J. Mahon, 881 10th St., Manhattan Beach, Mr. and Mrs. John A. Calkins, 20022 Anza Ave., Torrance and Mr. and Mrs. Raymond Reaber, 111 Via Colusa, Redondo Beach,

Following the dinner, which will be served at 9 p.m., the evening will conclude with dancing.

WOMAN'S CLUB SETS LUNCHEON

Torrance Woman's Club, Marina District 18, C.F.W.C. will hear a talk, "How High Is Up," by Stary Grange, special consultant to the Southern California Gas Company, at luncheon Wed-

The meeting will be at Torrance Woman's Club. 1422 Engracia Ave., Torrance at 12:30.

A prominent olive grower and civic leader in Tulare County, Grange has become widely known throughout the country for his humorous and inspirational talks about Americans.

He will discuss growth of California and the increasing need for more fuel, water, transportation, and schools. He will tell of the expanding demand for natural gas in all parts of the nation, and the mounting costs of securing Southern California's supply from outof-state in competition with other regions.

Mrs. Leondrus Stamps will be the chairman of the

FRUIT TEAM

Peaches and strawberries bring blossom-time brightness to your table. Stretch one box of fresh strawberries into several servings by combining with canned cling peach slices in shortcakes, compotes and ice cream top-

Housewives Who Wish to WOMAN IN WHITE Work Are Offered Course

Registrations are still be- Orientation for the morning accepted by the YWCA ing sessions, which are confor two classes designed to ducted on Wednesdays, was for a certain food may be by an individual is deter-New citizens of Torrance aid women interested in "go- last week. Evening orienta- the key to diagnosis and mined by a number of facing back to work," accord-tion will bt Tuesday everecently at local hospitals ing to Miss Carol Wood, exe-ning, Oct. 8. cutive director. Purpose of the course is

to aid women who wish to re-enter the labor market to Andrew Elliott, son of Mr. learn what type of employand Mrs. Arnold A. Katz of ment they are suited for, 22803 Fern Ave., born Sept. and where and how to apply for a job.

Perry David, son of Mr. Co-operating with the and Mrs. Frederick W. YWCA in offering the ment of Employment.

Corrine Michelle, daugh-Michael David, son of Mr.

this area, successful job in- fy his craving. The man did John Dimitrios, son of Mr. and Mrs. Wimitrios J. Rou-terview procedure, and pre- and soon recovered.

of Mr. and Mrs. Edgar Jack Watt of 1020 Lomita Blvd., Partnerless and Mrs. James T. Nady of Tameria Sue, daughter of 710 Madrid Ave., born Sept. Mr. and Mrs. Mickey Lee Parents Set Cooksey of 716 Border Ave., Mrs. Ward A. Spoonemore Lisa Ann, daughter of Mr. Italian Meal

of 4575 W. 165th St., Lawn-Parents Without Partners diet of the teenagers). Mr. and Mrs. William G. Sandra Louise, daughter of Mr. and Mrs. Elmer Joseph Furman of 1722 W. Sandra Course, daughter of Mr. and Mrs. Elmer Joseph Furman of 1722 W. Torrance. Those interested cerals; butter or margarine; A son to Mr. and Mrs. 150th St., Gardena, born in attending may make re-fruits including a citrus; William Edward, son of Blanchard, social director, bles; such as potatoes. Brett Alan, son of Mr. Mr. and Mrs. Louis Julius at 372-8180, Margartt Eas- Each of these groups of and Mrs. Keith Weideman Lisoni of 1820 Cabrillo Ave., ton, OR 7-8592, or Marge foods is essential for our

daughter of Mr. and Mrs. Sept. 26. Cinthia Louise Yolanda, activities include cultural amounts of water.

LIVE MACE THE RESIDENCE OF THE PROPERTY OF THE

son to Mr. and Mrs. General information can cesses. Franklin Desmond Bryant be obtained by contacting of 19812 Halison Place, born Joe Carman, president, 379- A calorie is a unit of heat A son to Mr. and Mrs. pitality director, at OS of food is measured. The John W. Felder of 4111 Ar- 6-3326, or Earle Foster, first results indicate the number tesia Blvd., born Sept. 7. vice president, at FR 1-0139. of calories in proteins, car-

By ETHELYN BATTLES, LVN

MEETING BODY NEEDS borhydrates, and fats. The - Some timts the craving number of calories needed t r e atment. tors such as age, activity,

W h i c h and physical condition. If a brings to diet includes more carbohymind the drates and fats than needed case my overweight can result. grandfa- DIET THERAPY - Diets ther, a coun- which are planned to aid in doctor, the treatment of disease are

told about based on the normal diet The patient and altered according to the was a weal-condition of the patient. ETHELYN White of 2603 Dalemead St., course is the State Depart- thy farmer who decided to There are many kinds of go to a city doctor. The man diets. Examples that one fre-Programs will include: ap- returned home and after quently hears about include: ter of Mr. and Mrs. Calvin titude and interest testing, some time did not improve. LOW CHOLESTEROL -W. Smith of Huntington individual counseling, and Finally he consulted my This diet omits foods that

resource speakers who will grandfather who asked him are high in cholesterol such probe the overall labor mar- if he had a craving for any as pork, egg yolk, whole Michael David, son of Mr. broke the overall labor lilar as particular food. When he as pork, egg yolk, whole and Mrs. Donald Ray Dials ket as well as specific opparticular food. When he milk, cheest, butter, shrimps of 1818 Morgan Lane, Re-portunities in specific fields. replied that he did and told and oysters, lard and solid They will discuss training him what it was, he was ad-shortening. opportunities available in vised to eat enough to satis-

The case illustrates the Mr. and Mrs. Robert B. Wood at FA 0-2255.

We did not the body with the ply the amount lacking in ways as simple as that, however. A medicine may be is very mild. necessary so it is best to A HIGH CALORIE DIET consult your doctor if you provides more calories than

are what we eat" may bear son. He may be very undermore truth than we care to weight or have a fever. Exbelieve when we add up the tra calories are needed to rich foods we eat; the ham- prevent burning up body burgers, french fries, and tissues in fevers. soft drinks (particularly the

will enjoy a gala evening to- FOODS FOR FITNESS - of salt added to the food and servations by calling Jack green and yellow vegeta-

Champion, FA 8-7161 by daily diet. Together they provide the body with the The Inglewood-South Bay necessary nutrients - the and Mrs. John A. Sarconi Guillermo Ramirez of 13900 Chapter of Parents Without proteins, carbohydrates, of 21422 Dolores, born Sept. Inglewood Ave., Hawthorne, Partners is a part of a na- fats, vitamins and minerals. tional organization compris- The daily diet should also A son to Mr. and Mrs. ed of widowed, separated or include a food with cellulose

events, discussion units, PURPOSE OF FOOD is to Bruce T. Shrom of 2258 W. dance classes, a program of build and repair body-tissue, and Mrs. Joseph S. Williams 231st St., Lomita, born Aug. childrens' activities and to provide heat and energy, adult and teen-age socials. and to regulate body pro-

8889, June Ziegenbein, hos- by which the heat energy

THE DIABETIC DIET is caluculated to meet the patients needs and regulattd Jennifer Lee, daughter of are asked to see the body with the last and regulated to his individual condition.

would be needed under nor-The familiar saying "we mal conditions for a per-

The LOW SALT DIET permits a very small amount

BRIDGE LESSONS

New Classes Forming Now!

FRontier 8-7909

5016 West 190th North Torrance Downtown Torrance

HURRY-WHILE THEY LAST!

CORDUROY

Sizes 4-10.

In black and fall color

Stores Open Wed., Thurs., Sat., 9:30 a. m. to 6 p. m. Monday and Friday Hours: 9:30 a.m. to 9 p. m.

1281 Sartori

it may be limited to unsalt-|tients should be attractively|taste with other seasonings

PREPARATION OF colorful touch. A low salt is conducive to the success

FASHIONS FOR FALL

FOODS - Foods for pa-diet can be improved in of diet therapy.

to the taste, and give a and in a restful atmosphere

☆ NEVER BEFORE AT THIS LOW PRICE ☆

FIRST QUALITY

SHEER SEAMLESS

NYLONS

In the new Autumn shades.

REDUCED TO

ed foods, allowing a mini- prepared and as appetizing Properly cooked food served mum of foods' containing as possible. Garnishes add at the right temperature,

> (Limit-6 pr.) (in a 2 pr. pkg.)

FLANNEL

In grey or black with

elegant gold-tone clasp.

MATTRESS CO.

ALL STORES OPEN Mon., Wed., Thurs., Fri. 10-9

Tues., Sat. 10-6 Sun. 12-5

GRAND OPENING!

Now another ORTHO store in DOWNEY

By Popular Demand-We're Opening Another Store at 9909 Paramount Blvd.! SALE GOING ON NOW AT ALL ORTHO STORES!

SPECIAL! Complete 11 pc. KING SIZE Sleep Set Including Dual Control King Size Electric Blanket



TWIN OR FULL SIZE

378-8079

DUAL CONTROL ELECTRIC BLANKET

Home of Top Name Brands: Simmons Beautyrest • Sealy Posturepedic 6 BIG LOCATIONS . FREE PARKING AT ALL STORES!

3920 SEPULVEDA BLVD., TORRANCE

1 Block West of Hawthorne

CANOGA PARK NO. HOLLYWOOD ANAHEIM LOS ANGELES

If you're not sleeping on an "ortho mattress" you're not sleeping!

Accept no substitutes.

A bank offers you more than safety. It's a place where you can get the money for a new automobile, a new TV set, or a new member of the family. It will look after your valuables, your investments and your securities. It will honor your checks. And it will pay you the highest bank interest permitted by law on the money you put into your savings account. Where else can you get so much for your money-except at a bank.

BANK OF AMERICA